

AVAILABLE
MON - FRI 8AM - 12PM
SAT - SUN 9AM - 12.30PM

PLEASE ORDER
AT THE BAR

GLUTEN FREE BRUNCH

.....

Eggs Florentine (v) • 7.75 | Eggs Benedict • 8.75 | Eggs Royale • 8.75

with Gluten Free Toast

Potato and Okra Hash with Chickpea, Poached Egg and Chilli (v) • **8.75**

Slow Cooked Beef Brisket with Poached Egg, Gluten Free Bread and Chimichurri Sauce • **10**

Smoked Salmon, Avocado, Poached Egg with Gluten Free Toast • **9.5**

House Breakfast with Bacon, Egg, Hash Brown, Beans, Tomato, Mushroom and with Gluten Free Toast • **11.5**

Smoothies:

Passion Fruit, Papaya, Pineapple, Peach, Guava and Aloe Vera • **4.5**

Blueberry, Blackberry, Blackcurrant and Banana • **4.5**

Acai, Strawberry, Blueberries and Mango • **4.5**

AVAILABLE
MON - FRI 12 - 9.30PM
SAT - SUN 12.30 - 9.30PM

SIDES

Homemade Slaw (v) • 3

Mixed Olives (ve) • 3.5

Fries (ve) • 3.75

Green Salad • 4.5

with Courgette, Cucumber, Peas,
Chimichurri and Sea Salt (ve)

Rocket and Parmesan Salad • 6.5

with Sun Blushed Tomato and Balsamic Dressing

DESSERTS

Gelato • 5

Chocolate

Strawberry

Hazelnut

Vanilla

AVAILABLE
MON - FRI 12- 9.30PM
SAT - SUN 12.30 - 9.30PM

PLEASE ORDER
AT THE BAR

GLUTEN FREE SMALL PLATES

.....

Chilli Hummus with Carrot, Courgette and Gluten Free Bread • **6**

House Soup with Gluten Free Bread • **6.5**

* **Bruschetta of the day** on Gluten Free Bread • **8**

Smoked Mackerel Pâté with Tomato Salsa and Gluten Free Bread • **8**

GLUTEN FREE LARGE PLATES

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Roasted Root Vegetable and Spinach Salad with Lentil, Hazelnuts, Stilton, Cinamon and Honey Dressing (v) • **8 / 12**

Smoked Chicken Caesar Salad • **8.5 / 12.75**
with White Anchovies, Pancetta, Parmesan, Paprika and Chives

* **Fish Pie** with Mash Potato, Cheddar and Green Salad • **14.75**

Slow Cooked Beef Brisket and Sweet Potato Hash • **14.75**
with Fried Egg, Gluten Free Bread and Sweet Tomato Chutney

GLUTEN FREE BURGERS

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ALL BURGERS ARE SERVED WITH FRIES, DILL PICKLE AND HOMEMADE SLAW ON A GLUTEN FREE BUN

Low Carb Burger your choice of burger without the bun, served with a salad instead of fries • **12.75**

Plough Burger with Fried Onion, Plough Burger Sauce, Iceberg, Melted Cheddar and Mustard Pickle • **14.25**

Buffalo Chicken Burger with Hot Sauce, Blue Cheese Dressing, Celery and Guindillas Pepper • **14.5**

We make every effort to ensure there is no cross contamination however

all our kitchens do use products that contain gluten.

* **THESE DISHES ARE NOT AVAILABLE ON SUNDAYS OR BANK HOLIDAYS**